

Abstract

Title: The effect of sports massage on delayed onset muscle soreness (DOMS) observed on junior synchronized swimmers

Aims: The aim of this work was to determine the effect of sports massage on DOMS after training units focused on developing the strength of the lower limbs by girls junior synchronized swimming category of TJ Tabor team and preferred options of regeneration.

Methods: Design quasiexperiment was chosen as a type of research for the preparation of this work. There was researched the effect of sports massage on DOMS on three synchronized swimmers aged 16 - 17 years. This researched sample went through the massage of legs after adapted training units. There were used anamnesis questionnaire, Likert scale and a structured interview as data collection methods.

Results: The research proved the real sports massage effect on DOMS. Using a Likert scale girls evaluated DOMS with the use of sports massage. All three synchronized swimmers evaluated the massage positively, they appreciated the massage of the entire lower extremity as the best. The structured interview showed, that the synchronized swimmers would appreciate an active regeneration in the form of sports massage as a part of their training units.

Keywords: muscle fever, regeneration, massage, fatigue, muscle anatomy and physiology, synchronized swimming